Learning Objective:
Students will learn about different fruits and vegetables of all colors to add to their diet.

Materials Required:
More Matters wall hanging chart, food cards, Fruits and Vegetables handouts.

Estimated Time Required:
30 minutes for entire lesson
20 minutes for handout

Teaching Instructions:
Classroom Wall Hanging Chart
1: Cut food cards and place Velcro dots on the back of each one. Separate fruits and vegetable cards from the stack.
2: Display the More Matters chart in the classroom.
3: Distribute the fruit and vegetable cards to the students.
4: Ask the students to walk up to the chart one at a time and show the class their card. Ask them to name the food, to say whether it is a fruit or a vegetable, then stick the card on the chart under the correct column/color.

Individual Student Activity
1: Have students complete the “Fruits and Vegetables” handout.
MyPyramid
Eat Right. Exercise. Have Fun.
MyPyramid.gov

Grains
Make half your grains whole.
Start smart with breakfast. Look for whole-grain cereals.
Just because bread is brown doesn’t mean it’s whole-grain. Search the ingredients list to make sure the first word is “whole” (like “whole wheat”).

Vegetables
Vary your veggies.
Color your plate with all kinds of great-tasting veggies.
What’s green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits
Focus on fruits.
Fruits are nature’s treats – sweet and delicious. Go easy on juice and make sure it’s 100%.

Milk
Get your calcium-rich foods.
Move to the milk group to get your calcium. Calcium builds strong bones.
Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans
Go lean with protein.
Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried. It’s nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

<table>
<thead>
<tr>
<th>Group</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Fruits</td>
<td>2 cups/day</td>
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<tr>
<td>Vegetables</td>
<td>2 cups/day</td>
</tr>
<tr>
<td>Grains</td>
<td>2 cups/day</td>
</tr>
<tr>
<td>Milk</td>
<td>2 cups/day</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>2 ounces/day</td>
</tr>
</tbody>
</table>

Find your balance between food and fun
- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!

Facts and sugars — know your limits
- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose fat and beverages low in added sugars and other calorie sweeteners.
Instructions: List all the different colored fruits and vegetables that you know in the correct columns below.

<table>
<thead>
<tr>
<th>Purple/Blue</th>
<th>Green</th>
<th>White</th>
<th>Yellow/Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
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Eat 5 servings every day!
Eat 5-A-Day the Rainbow Way
Eat your colors every day to stay healthy and fit.

**Blue/Purple**
- blackberries
- blueberries
- black currants
- dried plums
- elderberries
- purple figs
- purple grapes
- plums
- raisins
- eggplant

**Green**
- avocados
- green apples
- green grapes
- honeydew melon
- kiwifruit
- limes
- green pears
- artichokes
- arugula
- asparagus
- broccoli
- broccoli rabe
- brussels sprouts
- Chinese cabbage (napa/bok choy)
- green beans
- green cabbage
- celery
- chayote squash
- cucumbers
- leafy greens
- leeks
- lettuce
- green onion
- okra
- peas
- green pepper
- snow peas
- spinach
- sugar snap peas
- zucchini

**White**
- bananas (inside)
- brown pears (inside)
- white nectarines
- white peaches
- cauliflower
- garlic
- ginger
- jicama
- mushrooms
- onions
- parsnips
- white potatoes
- shallots
- turnips

**Yellow/Orange**
- yellow apples
- apricots
- cantaloupe
- yellow figs
- grapefruit
- golden kiwifruit
- lemon
- mangoes
- nectarines
- oranges
- papayas
- peaches
- yellow pears
- persimmons
- pineapples
- tangerines
- yellow watermelon
- yellow beets
- butternut squash
- carrots
- yellow peppers
- yellow potatoes
- pumpkin
- rutabagas
- yellow summer squash
- sweet corn
- sweet potatoes
- yellow tomatoes
- yellow winter squash

**Red**
- red apples
- blood oranges
- cherries
- cranberries
- red grapes
- pink/red grapefruit
- red pears
- pomegranates
- raspberries
- strawberries
- watermelon
- beets
- red cabbage
- red peppers
- radishes
- radicchio
- red onions
- rhubarb
- tomatoes